

October

Senior Center Gazette

2003

**SPECIAL THANKS TO
FREMONT BANK FOUNDATION**

The Fremont Bank Foundation has generously donated \$4800 to support an entire month of Senior Center meals. The cost of our meals more than we pay for the tickets each day to keep our meals affordable to everyone. The Fremont Bank Foundation is providing the difference between our costs and ticket income for the month of October. **THANK YOU!!**



**Clothing & Gently Used
Items Sale**

Fri, Oct, 3, 10 am-2:30 pm
Shop 'til you drop fun-for-all fundraiser, where you can add that special touch to your wardrobe for very little cost. **We need your help in gathering items** from local merchants and individuals. We need donations of good, saleable used clothing, jewelry, and linens (no shoes or lingerie, please!) Please bring your donations to the office during the week of the sale, Sept 29-Oct 3.

October Birthday Party

Friday, Oct. 10, 1:30 pm

Bob Madsen, Baritone, who studied at the Los Angeles Conservatory of Music and now lives in San Jose, will present an hour of songs you remember. Cake, ice cream, and coffee will be served in the dining room after the show. Prizes will be awarded in a drawing of the names of seniors present that have birthdays in Oct. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

**Remember - Friday Nov. 7
Annual Holiday Boutique**

COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

**Oktoberfest
Celebration & Lunch**

Weds, Oct. 22, 12:00 Noon
\$5 members, \$6, non-members
\$7, "youngsters" under 55

Karl Lebherz will play his wonderful Oktoberfest music at the Celebration and Lunch on Wednesday, Oct. 22 at 12:00 noon. Chef Riley is preparing a terrific menu of Sauerbraten with gingersnap gravy, Brautwurst and sauerkraut, Potato Pankakes with applesauce & sourcream, non-alcoholic beer, and German Chocolate Cake for Dessert. You don't have to be from Germany, to celebrate Oktoberfest at the Fremont Senior Center!

Tuesday, Oct. 14, 1:00 pm
Speaker, Dan Swinbank

Dan Swinbank, Community Resources for Independent Living (CRIL), will be speaking on "Assitive Technology Can Help You or a Loved One". CRIL supports and teaches skills to persons with disabilities so that they may more effectively participate in daily community and life activities. CRIL teaches and advocates for change to remove barriers to access for persons with disabilities.

Happy Halloween!!

**Friday, Oct. 31, 12:00
Lunch & Costume Contest**

\$5 members, \$6 non-members
\$7, "youngsters" under 55

Challenge - who will have the best costume? Will it eclipse Linda Olla's Statue of Liberty or Bonnie Petrolina's Easter Bunny? Come on Halloween and see!

Halloween Dance - 12:30 pm
"The Unique Two" - \$5

Wear your costume to the Halloween Dance and enjoy great fun while raising money to repair the Senior Center pool table covers.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.